

5/9

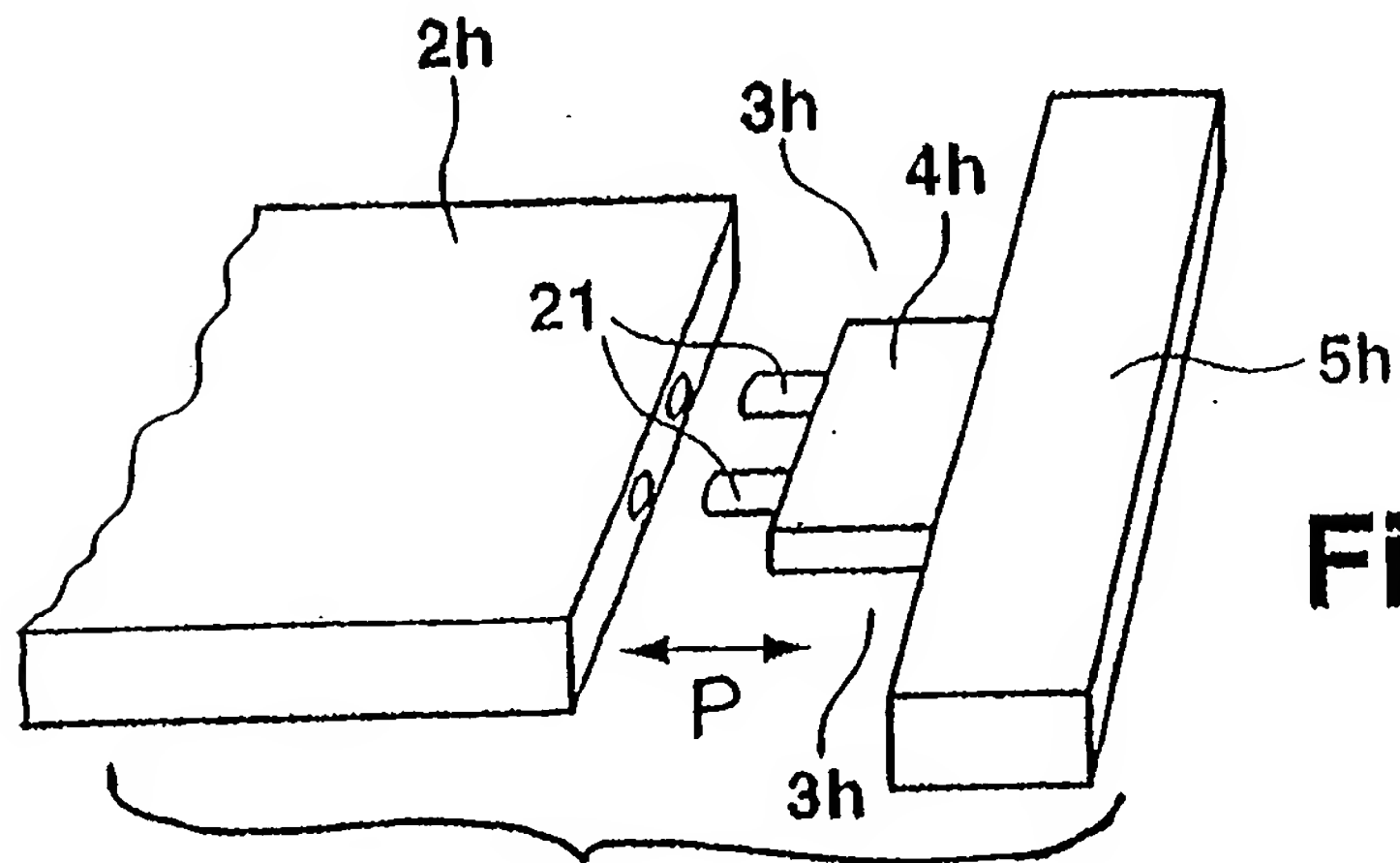


Fig. 12

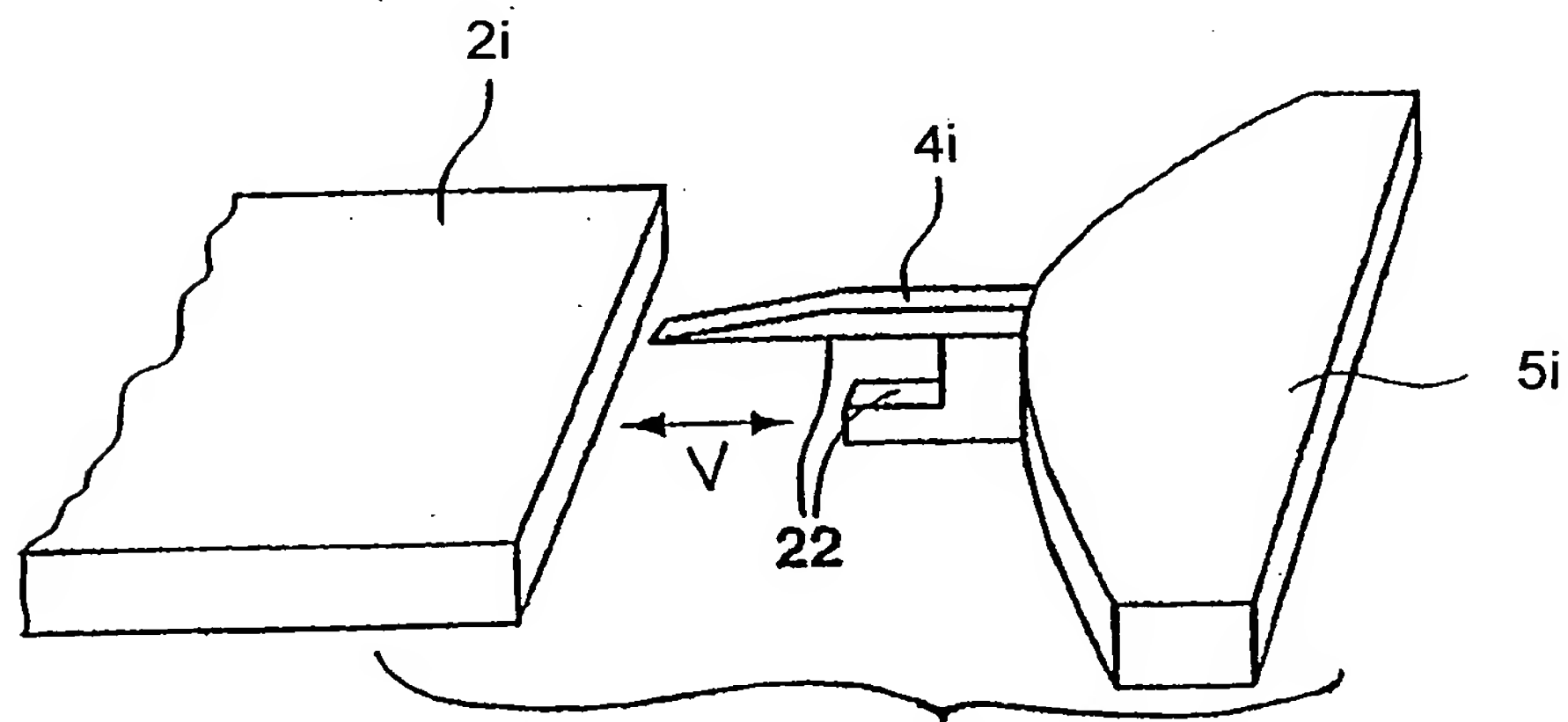


Fig. 13

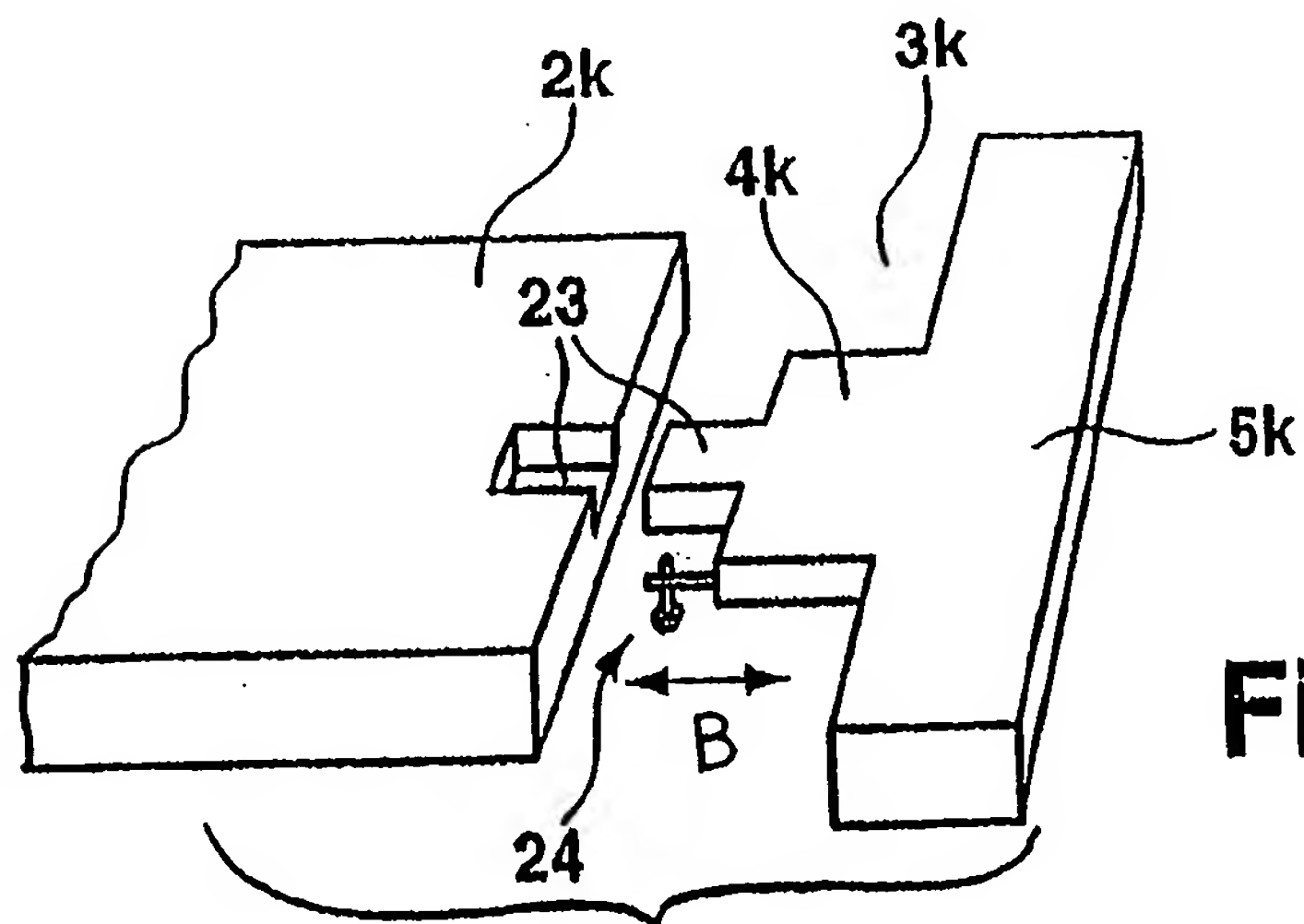
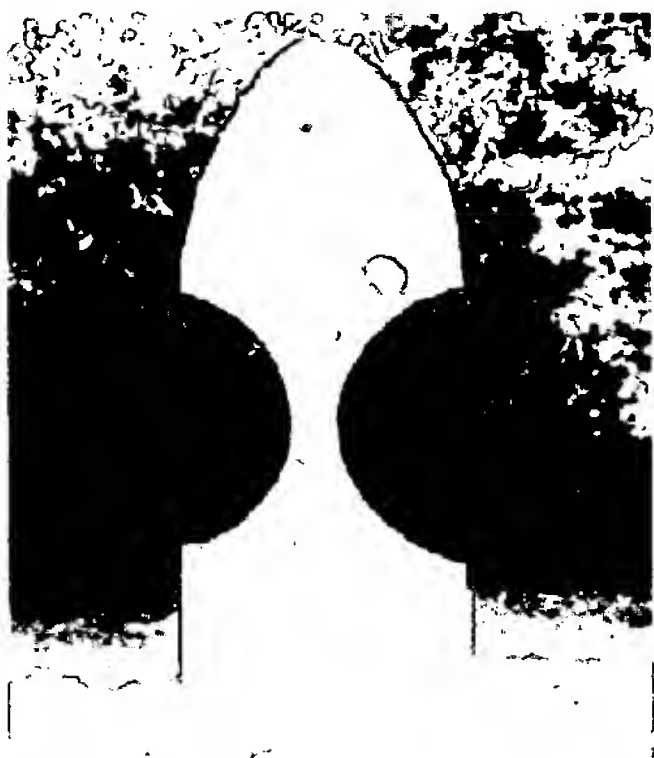


Fig. 14

DEMO PICTURES



THE PICTURES SHOW A FIXXBACK.
BOARD IS 3/4 inch THICK



A BLACK TAPE AROUND THE
RIM SHOWS BETTER CONTRAST AND
MARKS THE BOARD'S LEVELS.

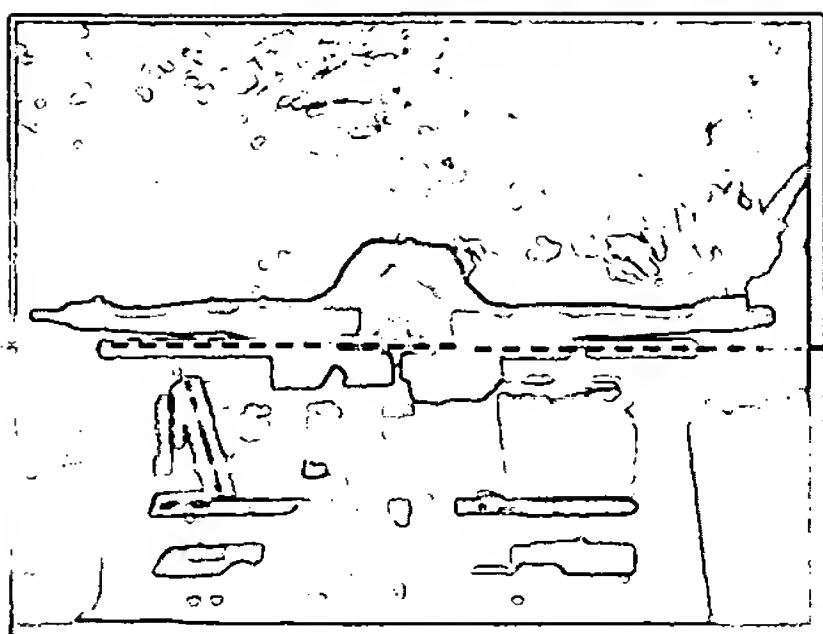


there is an additional supporting
bar under the board preventing the
wooden board from breaking apart.



TO HAVE A BETTER VIEW THE "LEGS"
"ARE PUT BEHIND THE CUTOUTS

THE WHITE PAPER & THE ORANGE
BAR RUN 90degree SIDEWAYS TO THE
BOARD'S UNDERSURFACE.



ORANGE BAR AND WHITE
PAPER(TOP) MARK THE BOARD'S
UNDERSURFACE
(THIS BOARD IS 3/4 INCH THICK)

THE BLACK STRIPE UNDER THE
HAIR IS THE BOARD ITSELF.



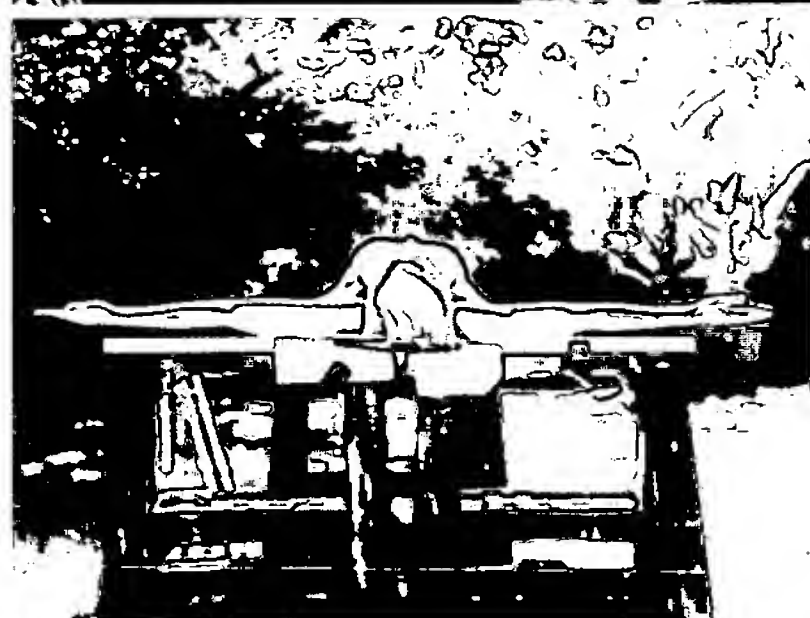
FIXXBAXX "RELAXERCISE"



YOU LIE ON THE BOARD STRETCH THE ARMS, AND SPREAD THEM SIDEWAYS LIKE OPENING WINGS



THE SMALL FINGERS ARE SLIGHTLY HIGHER THAN THE THUMBS!
THE ARMS ALWAYS STAY STRECHED.



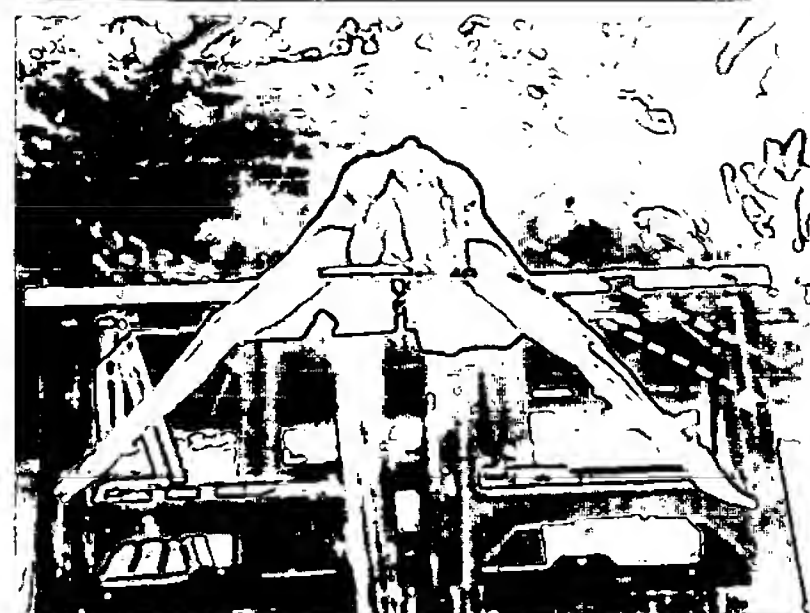
THE ARMS CAN GO DEEP UNDER THE BOARD'S SURFACE LEVEL AS THE CUT-OUTS COMPLETELY TAKE AWAY ("ROB") THE SHOULDERBLADE'S SUPPORT.



(The cutouts in the board let the shoulderblades move freely.)



WHEN THE ARMS FEEL ALL STRETCHED RELAX, JUST WAIT, HAVE A BREAK, TAKE A BREATHER.



THIS PICTURE IS TAKEN AFTER APPR. 30 SECONDS OF RELAXATION.

THIS PICTURE IS TAKEN AFTER APPR. 3 MINUTES OF RELAXATION.

THE SHORTENED MUSCLES IN THE CHEST AREA & UPPER INNER ARMS ARE STRETCHED BACK TO NORMAL, THESE MUSCLES' TENSION IS TAKEN AWAY JUST BY GRAVITY.

THIS IS A COUNTERMOVEMENT (STRETCH) TO DAILY BENT FORWARD, "SLOUCHING" SITTING POSITION, WHICH IS TYPICAL FOR E.G. COMPUTERWORK, WORKDESKS, DRIVING CARS-in general LONG SITTING.

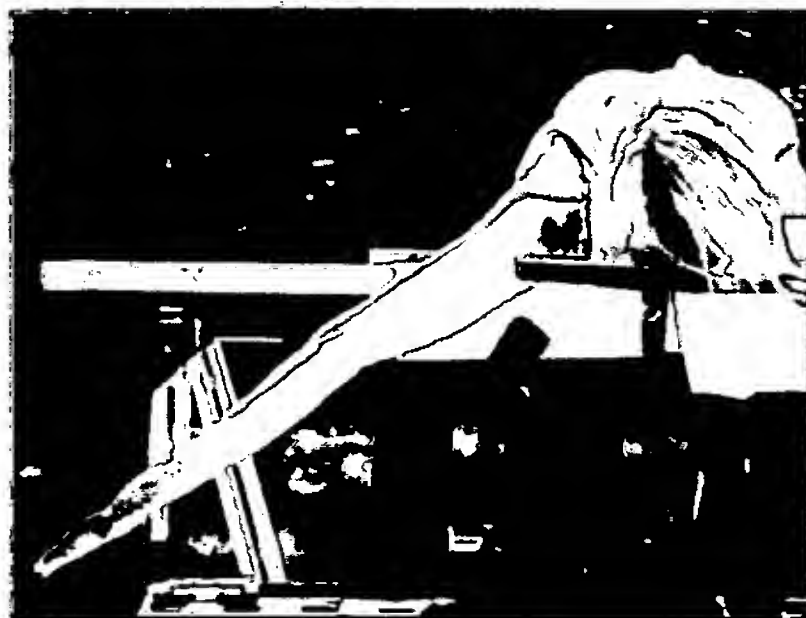
DEMO PICTURES: CUTOUTS & SHOULDER BLADES



THE CUT OUTS GO FAIRLY DEEP TO THE BOARD'S CENTER,
SO THE SHOULDERBLADES HAVE NO MORE SUPPORT.



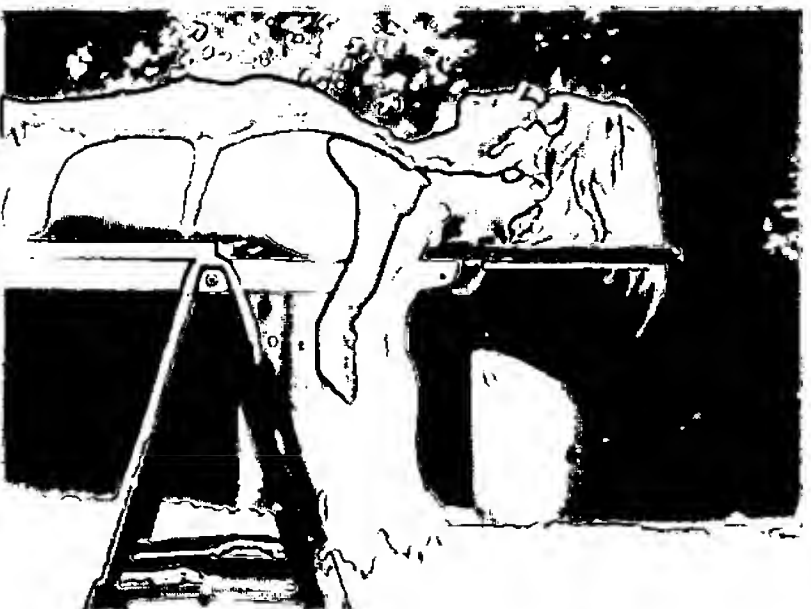
THIS PICTURE SHOWS HOW THE
SHOULDERBLADE AS WELL AS THE ARMS
GO FAR UNDER THE TOPSURFACE OF
THE BOARD



THESE PICTURES SHOW THE
SHOULDERBLADES UNDER THE SURFACE
OF THE BOARD.
THEY ARE HAVING NO SUPPORT AT
ALL. WHILE THE REST OF THE BODY
AND THE HEAD ARE HAVING FULL
SUPPORT.



DEMO PICTURES SIDE -VIEW



DEEP RELAXATION ONLY WORKS
WHEN THE REST OF THE BODY &
HEAD ARE FULLY SUPPORTED AND
RESTING ON THE BOARD.